

St. Thomas' C.E. Primary School

Newsletter

15.09.2023

A note on worship...

Generosity



'God Loves a Cheerful Giver'

2 Corinthians 9:7

We retold the parable of the Good Samaritan as part of worship this week. In the parable, two people walk past an injured man as he lay in the street. The third person to walk by, an enemy of the man, stopped and helped him. Jesus told this story to show that no matter who needs our help, we should be generous enough to give it and do so willingly.



Stars of the Week



**Noah P., Toby S., Maddison N., Zach H., Paddy C.,
Charlie L., Elise B., Theo A., Freya W. and Grayson S-L.**

Events for the Week

Beginning

18.07.23

Monday

Ukulele lessons

Brass Lessons

Whole class Ukulele lessons for Emerald class

After school Rugby for years 3, 4, 5 and 6

Tuesday

Keyboard, strings and woodwind lessons

After school football for years 4, 5 and 6

Wednesday

9.00am-10.00am RANs coffee morning for parents of children with autism and communication difficulties.

Guitar lessons

After school multi-skills for years 1 and 2

Thursday

After school netball/basketball for years 3, 4, 5 and 6

Friday

From the office...

- Please ensure that **school dinners** are ordered by midnight on **Sunday** for the following week. If you are asked for an organisation code, please use **78487851**
- **Wisepay** details have been sent out to all parents. If Wisepay doesn't work for you, please contact the school office.
- **Letters for after school clubs** will be in your child's book bag.
- Please remember to **write names in uniform**. We already have some lost property!
- Children taking part in **after school sports** need to bring a **PE kit to school** to change into if it is not their usual PE day.

Up coming events

Wednesday 20th September Karen Riding (specialist social, communication and autism teacher from Rochdale Additional Needs Service) will be hosting a **coffee morning** for parents of children with **autism and/or communication difficulties** in school from **9.00am-10.00am**. This is an opportunity to meet with Karen and find out about her work, but also an opportunity to get together with other parents whose children have specific additional needs.

Thursday 28th September is our annual Macmillan Coffee Morning fundraiser in aid of Macmillan. This is a charity very close to many people's hearts due to the fantastic work they do to support cancer patients and their families.

Most school events are posted on the school website on the calendar. We try to keep this as up to date as possible.

9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN

 @BELIEVEPHQ

WORRY TIME



- Set aside a time each day for your child worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with your or problem solve to overcome them

THOUGHT CHALLENGING

- Help your child to write down any unhelpful thoughts they that experience. Try to challenge them with your child and come up with more realistic and helpful ones

BEING PRESENT



- Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses

ACTIVITY PLANNING



- Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities

TALKING ABOUT FEELINGS

- Why not create a time each week where your child can speak to you about their thoughts and feelings



3 GOOD THINGS



- Before bed spend some time with your child to identify and write down three good things they achieved from the day

WELLBEING



- Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep

IMAGERY

- Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way

THOUGHT TESTING

- Try setting out some simple activities to help your child test out the validity of a thought.



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

Top Tips for SETTING BOUNDARIES AROUND GAMING

If your child loves video games, then you'll probably be aware that how long they spend gaming – and what they're actually playing – can occasionally become a source of concern or conflict. The UK's trade body for interactive entertainment, Ukie, has recently launched a campaign to promote safer and more responsible gaming among young people – with parents and carers helping by setting sensible and fair boundaries. Our guide has tips on key areas where you could agree some healthy ground rules for your child's gaming activity.

PROMOTE SAFER GAME CHOICES

Deciding which online games are OK – and which should be avoided – is tricky. Some titles allow children to cooperate or compete with strangers, which creates potential risks. Watching your child play online for a while could provide more insight into a particular game, while the parental controls on most consoles allow you to limit who can chat to your child or send them friend requests. Remind your child of the hazards around strangers online when you discuss this boundary with them.

ENCOURAGE REGULAR BREAKS

Help your child understand the need to take regular breaks, playing in shorter bursts rather than marathon sessions. Bear in mind that some games (such as role-playing games) require time investment from the player, while others (online team games, for example) can't be stopped or paused at a moment's notice. A quick break every hour or so is good practice, and you could suggest some things to do in these breaks, such as having a drink of water or getting some fresh air.

AGREE SPENDING LIMITS

There's no doubt that gaming can be expensive, and younger players often don't realise how much paying for digital items and subscriptions can add up to. Many young gamers love to buy new skins or upgrades for their character, so you could settle on a fixed amount that your child is allowed to spend on in-game items each week or month. This sort of boundary will not only help your child to manage their expectations but will also make you more aware of the price of these items.

DISCUSS AGE RATINGS

Children often ignore the age ratings on games – or are unaware they even exist. If you're happy with your child playing a particular game even though it's rated above their age, then establish that as a boundary: emphasise that you've made an exception, and talk about what age ratings mean and why they're important. You could add context to this boundary by browsing games' boxes together while shopping, discussing why some games might have earned certain age ratings.



FACTOR IN FRIENDS

If your child is a keen video gamer, the chances are that they'll have other gamers among their social circle, too. When friends visit, do they instantly dash to their console or computer? You could put boundaries in place before their guests arrive by agreeing on a length of gaming time. Bear in mind, though, that they may try to extend this once they're together. Try coming up with activities or challenges for them during screen breaks – if they join in, they earn a little extra time on their game.

ENJOY GAMING TOGETHER

Setting time aside to play video games together can be an enjoyable bonding exercise. Undeniably, some young gamers may be less enthusiastic about a parent or carer joining in, but it can be a productive way of encouraging them to share their hobby with you. Setting goals or tasks might be useful: if they love Minecraft, choose something to build together; if Fortnite's their favourite, ask to try out some of the fun game modes, like Prop Hunt, which don't require high skill levels.

TALK ABOUT EMOTIONS

Help your child to monitor their emotions as they play. Discuss what is (and isn't) an acceptable level of competitiveness to show while gaming. Are they allowed to trash talk other players, for example? Can they notice when they get angry if they lose? Do they think these emotions are healthy? Some games can provoke anger, but others can bring joy, humour and the thrill of overcoming a challenge. Try to steer your child towards games that tend to produce these more positive feelings.

BE PREPARED FOR TROLLS

A frequent problem when gaming online is other players who are deliberately troublesome. Make sure your child knows how to report and block someone who makes their experience a negative one. Between you, decide if or how they should deal with these online trolls. Talk about where your child's boundaries are in terms of what they think is acceptable: what behaviour by other users is merely frustrating, and what crosses the line to become upsetting or abusive.

Meet Our Expert

Daniel Lipscombe is a writer specialising in technology, video gaming, virtual reality and Web3. He has also written 15 guidebooks for children, covering games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft. With work published by the likes of PC Gamer, Kotaku, Pocket Gamer and VG247, he has reviewed more than 50 games and products over the past year.



Source: <https://hipalapp/about/privacy.html>



Weekly Round up

It has been a very busy week as everyone settles into their first week of following our curriculum. All of our curriculum plans can be found on our website. By looking at the plans, you will have a good understanding of what we teach and why we teach it.

Help with phonics and more information can be found at

<https://www.songofsounds.co.uk/page/?title=Learning+at+Home&pid=8>

Amethyst Class

The reception children are working through the baseline assessments with Miss Wardle. The results are shared with the Department for Education and these results become the starting point for tracking the progress of children throughout the school. The children have been playing lots of games focusing on getting to know each other. The reception children have been recapping rhymes in phonics, whilst year 1 children have been recapping their sounds from reception before they move onto the year one words.

In maths the children have been focusing on numbers up to 10.

Ruby Class

The children have been working on capital letters in English. The children have been on an assessment week in phonics so that the teacher can see where they are up to and what they have remembered over the summer holiday. Maths has been about place value and counting forward and backwards in 10s for the year two children.

During their science lesson the children went outside, exploring the local environment around the school, looking for the creatures that live there as a start to their unit of work on habitats. In history they have just started the topic of the great Fire of London, looking at what happened and the impact it had on how towns and cities are built.

In R.E. they have just started learning about the Bible – what it is and why it is important to Christians.

Emerald Class

In maths pupils have worked hard to understand the value of digits in numbers and how they relate to one another. In English, students have been honing their abilities in both diary and persuasive writing. During P.E., we have been exploring various movements and transitions in dance. In science we have been delving into the world of electrical appliances and technology that powers our everyday lives. The students have been engaged and inquisitive throughout. Lastly, history has taken us back in time to the era of the Romans where pupils learned about where the Romans came from and how the city of Rome became the centre of a huge empire.

Share My Work Afternoons

On the last afternoon of each half term (or the previous day, if we are in church), we will be hosting a 'share my work' afternoon. Parents will be invited to come into school from 2.00pm to sit with their child and share with their child the work that has been completed that half term.

The plan is to make this a 'drop-in' style event and parents can come in at any time between 2.00pm and 2.45pm and then join us for our final assembly of the term at 2.50pm if they wish to. This will give those who have children in different classes the opportunity to visit them all.

High School and Primary School Applications

The window is now open to **apply for high school places**. This link

<https://www.rochdale.gov.uk/school-admissions-appeals/apply-secondary-school-place> will take you Rochdale Council's application page with all of the information you need.

Please look at **the websites of the schools you are interested in** to find out about admissions criteria and open days. It is important that you visit as many open days as you can to find the right school for your child. The closing date for applications is **Tuesday 31st October**.

The window for applying for primary school places will open shortly.

P.E. Days

Amethyst – Tuesday and Thursday

Ruby – Tuesday and Wednesday

Opal - Tuesday and Thursday

Emerald – Monday and Wednesday

Sapphire – Monday and Friday

All children wear their PE kit for school on PE days.

Rochdale Football club tickets



We have been allocated four tickets for each Rochdale Football Club home game. It is not too late to take part in the draw for tickets. Each participating family will be given a number which will be drawn weekly. These numbers will go back into the draw for the following week.

We ask that if you cannot attend the match, please let the office know as soon as possible so that we can redraw.

Alfos has won the tickets for Saturday 16th September, Reggie has won the tickets for the match on Tuesday 26th September and John and Keegan have won the tickets for the game on 30th September.